

# My medicines

You may take a number of medicines. Sometimes your medicines or doses are changed, so it's important to keep an accurate and up-to-date list.

There are a number of ways you could do this. You could take all your medicines to your next appointment, take a photo, or ask your support team or pharmacist to help you.

**Include everything you are taking** such as rongoā, other traditional medicines, eyedrops and over-the-counter medicines such as Lemsip or paracetamol.

Which of your medicines do you believe are working really well? \_\_\_\_\_

\_\_\_\_\_

Are there any medicines you choose not to take sometimes? Why? \_\_\_\_\_

\_\_\_\_\_

Are there any medicines you have stopped taking? Why? \_\_\_\_\_

\_\_\_\_\_

What side effects would you like to talk about? \_\_\_\_\_

\_\_\_\_\_

Everyone forgets to take their medicines from time to time. Which medicines do you forget to take and how often? \_\_\_\_\_

\_\_\_\_\_

Your healthcare provider can simplify how you take your medicines. This can include changing the timing of them, using blister packs, or a reminder app on your phone. Would this help? Yes ☐ No ☐

*Don't worry, everyone  
forgets sometimes!*



# Medicines list

List of all my medicines, puffers, creams, vitamins and supplements



Take this list  
with you to your  
appointments



Medicine name(s)	Strength and amount	Times & doses			What is it for?	Questions
		Morning	Lunch	Dinner		

Talk with your healthcare provider before stopping any medicines.